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For Immediate Release

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**Social Worker Urges Caregivers to Smile to Reduce
Stress at Caregiver Support Group, 5/28**

Humor can be a great way to reduce stress. It will be the topic of discussion at the next meeting of the Caregiver Educational Support Group offered by the Lake County Health Department/Community Health Center.

The meeting will be held at the Warren Township Senior Center, located at 17801 W. Washington Street in Gurnee, on Wednesday, May 28 from 10 a.m. to noon. Sharon Doney, MSW, Social Worker and Health Educator for the Lake County Health Department, will discuss how to use humor to help reduce stress, and how to overcome the negative messages associated with stressful situations.

Doney has worked at the Health Department for 23 years. She leads weekly classes at North Chicago, Round Lake and Zion high schools with pregnant teens through the

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Pregnant Adolescent Group for Education and Support (PAGES) program. Doney is also the coordinator of the Kids 1st Health Fair, co-sponsored by the Lake County League of Women Voters and the Health Department. She also works for the Family Life Education and has presented information on stress management among other topics.

The meeting is free and any caregiver is welcome to attend. For more information, call Sharon Roberts, RN, MA, the Health Department's gerontologist, at (847) 377-8097.

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